

Focus on your tuchus

by Dr. David Gutman,
Advanced Hemorrhoid Specialists

Life is eternally busy, particularly around the holidays. More often than not, our energy is pulled in different directions. Instead of keeping the focus on our health and well-being, we worry about other people's happiness, or making sure that holiday dinner goes off without a hitch, or keeping the kids entertained over winter break, and our health gets placed on the back burner.

Here's a gentle reminder to put the focus back on your health, specifically your tuchus.

People who try to navigate life with the pain, burning, itch and bleeding of hemorrhoids are never fully present in whatever they're doing. Instead, the nagging problem "down there" is like hearing Mariah Carey's "All I Want for Christmas" every time you go out.

There will always be an excuse to not focus on your health. But if you finally face the music, you can eliminate that nagging distraction once and for all.

I have two treatments designed to safely



David
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eliminate hemorrhoids. One reduces the blood flow that feeds the hemorrhoids, improving inflammation and causing them to shrink. The other is better suited to removing larger hemorrhoids. Both take just a few seconds to do. Since they are performed in an area with no nerve endings,

they can be administered right in the comfort of my office without anesthesia.

There is virtually no pain, no prep needed, there are no major restrictions, and you don't have to take time off of work. Consultations are free of charge, and our procedures are covered by insurance.

If your deductible has been met, now is the perfect time to come in.

To reach Dr. David Gutman of Advanced Hemorrhoid Specialists, call 216-772-4653. He has two office locations: 25200 Chagrin Blvd, Suite 109, in Beachwood; and 2660 W. Market Street, Suite 250, in Fairlawn. To learn more, visit SensitiveCare.com.